

**State of Vermont
Executive Department
A Proclamation**

WHEREAS, sleep apnea is a sleep disorder in which breathing repeatedly stops and starts, and is often indicated by loud snoring; and

WHEREAS, there are three types of sleep apnea: obstructive sleep apnea, central sleep apnea, and mixed; and

WHEREAS, individuals with untreated sleep apnea may have one or more pauses in breathing or shallow breathing during sleep; and

WHEREAS, in many cases individuals are unaware that they sleep apnea; and

WHEREAS, for mild cases of sleep apnea, physicians may recommend lifestyle changes including losing weight and quitting smoking; and

WHEREAS, moderate and severe sleep apnea may be treated with positive airway pressure which supplies pressurized air through a breathing mask that prevents the airway from collapsing; and

WHEREAS, individuals diagnosed with sleep apnea should consult their physicians and inform caregivers of their condition as anesthesia and certain medications may be dangerous; and

NOW, THEREFORE, I, Peter Shumlin, Governor, do hereby proclaim August 20, 2015 as

SLEEP APNEA AWARENESS DAY

in Vermont.

Given under my hand and the Great Seal of the State of
Vermont on this 14th day of August, A.D. 2015



A handwritten signature in black ink, appearing to be "Peter Shumlin", written over a horizontal line.

Peter Shumlin
Governor